

Ambulatory sleep polygraphy

The examination is used to detect respiratory disturbances during sleep. The sensors measure your breathing and your blood oxygen level during the night.

It will take about 30 minutes to set up the device.

Preparation for the examination

You can eat, drink and take your medicines as normal. Do not take a nap on the day of the examination.

After 5 pm, do not have:

- coffee
- tea
- cola drinks
- energy drinks
- any products containing stimulating substances

The nurse will instruct you on how to attach the device at home before going to bed. You will also receive illustrated instructions to take home with you.

If you have difficulties with memory or tasks that require finger dexterity, come to the appointment wearing a T-shirt to which the nurse can attach the device. You cannot engage in heavy exercise when wearing the device and the device must not get wet.

A person who can help you put on the device may accompany you to the appointment.

Remove any nail polish or artificial nail covering from the middle finger of one hand.

The examination must be rescheduled if:

- your breathing is more labored than normal, due to e.g. a cold
- you will not be able to sleep normally during the night of the examination
- you cannot return the device on the following morning.

Remove the device at home and return it immediately after the night of the examination. If the return date is a weekday, **return the device to the Clinical Physiology Unit by 9:00 am**. If the return day falls on a weekend, return the device to the return bin located next to the info desk at Hyvinkää Hospital. The nurse will provide further instructions.

Other things to note

Please take your health insurance card (Kela card) or identity card with you.

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

Please contact your examination location as soon as possible, if you cannot attend your scheduled appointment

You will not be charged for the examination separately.

Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.